

1



Time for lunch?
Have it outside,
kiddo! Easy
picnic.

2



Use bits'n'bobs
to make a really
cool obstacle
course! (Ask your
grown-up to help you.)

3



Ooh, let's play
hide-and-seek.

4



Stay up till it's
dark (with your
grown-up) and
stargaze. Wow!

5



Hug a tree
(they're lovely!).

11



Paint a
flowerpot to
jazz up your
plants.

12



Sit your teddies
on the grass
and perform a
show for them.
La la laaa!

13



Use old
boxes to
make a fort.

14



Dance
in the rain,
yeah yeah yeah!

15



Pretend to be
a zoo keeper
(your teddies are
exotic animals)
and give your
grown-up a tour!

21



Play basketball
using a laundry
basket for
a hoop.

22



Make a daisy
chain (or get
someone to
teach you).

25



Paint a pet
rock. Give it
a name and
back story.

26



Collect some
rugs, blankets
and cushions to
make your own
Rug Island!

27



Create a fairy
garden in a quiet
corner. (Remember
to leave nature how
you found it once
you're done!)

31



Find some
chalk and
trace your
shadow, tyke!

32



Sit in a peaceful
spot, close your
eyes and listen
to nature for
5 minutes. Hmm.

33



Make up a poem
about what you
can see from
your bedroom
window.

34



Lie back and
look up. What
shapes can
you see in the
clouds?

35



Hairy monster
attaack! Ask
your grown-up for
a bowl of soapy
water and scrub
your toy cars.

41



Keep a list
of all the
creatures you
see when you're
out and about.

42



Scavenger
hunt! Hide some
thingamajigs
and see if your
grown-up can
find 'em.

43



Enjoy
storytime
outside in
the shade.

44



Ask your grown-
up to help you
learn about the
plants growing in
the park. Anything
unusual?

45



Give your
grown-up a
hand with
some chores!

50 THIN



6



Find a butterfly or bug to watch for a while.

7



Look out for a car rainbow! Can you spot **red, orange, yellow, green, blue, indigo, violet.**

8



Practise your star jumps. Hup hup hup!

9



Make pizzas... out of mud! (But don't eat them!)

10



Wake up really early and watch the sun rise!

16



Learn how to handstand. Wheeeee!

17



Plant a seed. How tall do you think your plant will get?

18



Cool down by making ice blocks (chopped fruit in cordial and freeze) for a chilly treat.

19



Put paper over a tree trunk. Rub it with a crayon to make a cool pattern.

20



Help your grown-up tidy up your garden or path.

GS TO DO

Bored? No worries! Simply put up this poster, close your eyes and wiggle your fingers round and round. Whatever activities you land on is what you do today!

23



Do some gardening with your grown-up.

24



Do a cartwheel! Whoaaa...

28



Raining? Put on your gumboots and jump in puddles!

29



Fill up a watering can and give your plants a drink.

30



Grab a ball and play catch – on your own or with a mate!

36



Use old sheets to make a fort. Don't forget a password! (Is it 'diplodocus'?)

37



Hopscotch!

38



Can you make a paper aeroplane?

39



Doodle a weather chart: sunny, rainy, snowy, cloudy, windy, rainbow-y. What's the weather like today? Record it for the week!

40



Grab your teddies and have a tea party, dearie.

46



Backyard bingo! Make a list and play with a mate. What can you both spot?

47



Go outside and draw some flowers that you can see! Give your picture to a special friend.

48



Play I-Spy. What can you see with your little eye?

49



Play a catching game today. How many can you catch in a row?

50



Stay up a liittle bit later (with your grown-up) and watch the sun set.